


THE SENIOR CENTER CALENDAR OF EVENTS – JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Center's Normal Hours of Operation: Monday: 7:30 a.m. – 5:00 p.m. Tuesday – Friday: 8:30 a.m. – 5:00 p.m.	9-11 Silver Threads & Needles 1 10:00-11:00 Computer Assistance 10:00 Yoga CANCELLED 10:30 “THINGS TO REMEMBER WHEN CALLING 911” 1:00 Table Tennis 1:00 “RED, WHITE & BLUE” B-I-N-G-O	8:30 Wednesday Walk 2 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 “BEEN THERE DONE THAT” 11:15 CHAIR EXERCISE 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 3 10:30 “USE IT OR LOSE IT” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 SNOW CONES 4:00 SQUARE DANCE CANCELLED WEAR RED, WHITE, & BLUE	4 ALL COUNTY OFFICES CLOSED 
8:45 Aerobics 7 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 SR GAMES COMM. MTG. 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 8 10:00-11:00 Computer Assistance 10:00 Yoga CANCELLED 10:00 ARCHERY PRACTICE 1:00 Table Tennis 1:00 Wii	8:30 Wednesday Walk 9 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 MEDICATION EDUCATION PROGRAM – TOM MARTIN 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 10 10:30 ALTERNATIVE TREATMENTS PRESENTATION 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 SQUARE DANCE CLASS	11 8:45 Aerobics 9:00 SilverStriders 9-11 OPERATION MEDICINE DROP 9-11 ALTERNATIVE TREATMENTS 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 14 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 15 9-11 CAROLINA CHIROPRACTIC DR. DREW MORRIS - “COLD LASER TREATMENT” 10:00-11:00 Computer Assistance 10:00 Yoga 11:15 CHAIR EXERCISE 1:00 Table Tennis	8:30 Wednesday Walk 16 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 PATRIOTIC TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 Wii	9-11 Silver Threads & Needles 17 10:30 MEDICARE FRAUD/SCAMS DIANE TRAINER, SHIP 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 PLAY AUDITIONS 4:00 SQUARE DANCE CLASS	18 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis 1:00 PLAY AUDITIONS
8:45 Aerobics 21 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 22 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 “VIALS OF LIFE” SPEAKER: CHAD ARROWOOD 1:00 Table Tennis 1:00 B-I-N-G-O 5:15 MEET & EAT – SCOGGINS	8:30 Wednesday Walk 23 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 WOUND CARE CENTER SPEAKER: DR. LASSITER 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 24 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 ICE CREAM SHOP 4:00 SQUARE DANCE CLASS	25 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship/Singing 10:00 MEET THE STAFF 12:30 Slow-moving Exercise 1:00 Table Tennis 1:00 Wii
8:45 Aerobics 28 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 29 9:30 TRIP TO FARMERS MKT 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 “THIS WAS THE YR-1967” 1:00 Table Tennis	8:30 Wednesday Walk 30 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 CRAFTING W/CRYSTAL 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 31 10:30 SPEAKER: DR. PERSON 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 11:15 BIRTHDAY RECOGNITION 12:30 Just Dance 4:00 SQUARE DANCE CLASS	If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Computer Lab, Exercise Equipment, TV & Conversation, Puzzles **SERVICES AVAILABLE:** Library, Newspaper & Magazines, Coupon Room, Medical Equipment, Notary Public Service, and Scheduled Transit Stop